

FEBRUARY - MARCH 2026

NM NEUROLOGY

WELLNESS

NEWSLETTER



READ THROUGH TO THE END FOR A
SPECIAL FEATURE!

KUDOS TO OUR RESIDENTS



“KUDOS TO NADIA (PGY₃) ON HER GREEN JOURNAL PUBLICATION: USE OF ICTAL-INTERICTAL SPECT IN LOCALIZATION OF SURFACE-EEG-NEGATIVE INSULAR EPILEPSY!” - DERRICK BARNAGIAN (PGY₂)



“KUDOS TO JEN (HEADACHE FELLOW) FOR HELPING ME SO MUCH WITH MY HEADACHE FELLOWSHIP APPLICATION!” - ALLISON SPIHLMAN (PGY₃)



“KUDOS TO TARINI (PGY₂) AND ORION (PSYCH PGY₁) FOR BEING SO AMAZING ON OUR VERY BUSY WEEK OF CONSULTS!” - COURTNEY RAAB (PGY₄)



“KUDOS TO ALLISON (PGY₃) FOR DOING A PHENOMENAL JOB AS STROKE SENIOR! SHE HAD INCREDIBLE RAPPORT WITH EVERY SINGLE PATIENT ON OUR LIST. SHE DOES AN EXCELLENT JOB IN COMMUNICATING WITH PATIENTS IN A CLEAR AND CONCISE WAY, AVOIDING JARGON, AND HER PATIENTS ARE NEVER LEFT WONDERING WHAT THE PLAN IS. YOU CAN TELL THEY REALLY APPRECIATE HER PRESENCE!” - JYOTI GREWAL (STROKE FELLOW)



“KUDOS TO CASSIE (PGY₂) FOR HER EXCELLENT WORK ON A BUSY WEEK OF NIGHTS! SHE DID A FANTASTIC JOB EVALUATING MULTIPLE COMPLEX PATIENTS, COUNSELING THEM AND THEIR FAMILIES, AND COMING UP WITH PLANS - AND ALL AT 2 AM. SHE CRUSHED IT!” - EMILY CASALETTO (PGY₃)



“KUDOS TO TARINI (PGY₂) FOR DOING AN AMAZING JOB WITH A TNK CASE - SHE MOVED FAST AND ADVOCATED FOR THE PATIENT - AND THE PATIENT HAD AN AMAZING OUTCOME BECAUSE OF HER!!” - JYOTI GREWAL (STROKE FELLOW)



“KUDOS TO PGY-1S JON KLEIN AND SARITA DAMARAJU FOR BEING NOMINATED BY THE STUDENTS ON INTERNAL MEDICINE FOR A RESIDENT TEACHING AWARD!” - DR. BEGA

KUDOS TO OUR RESIDENTS



"KUDOS TO TRISTAN (PGY2) FOR BEING AN AMAZING JUNIOR ON STROKE! HE WAS EXTREMELY THOUGHTFUL, DETAIL ORIENTED, AND BROUGHT A CALMING PRESENCE TO THE TEAM. HE DEVELOPED GREAT RAPPORT WITH PATIENTS AND FAMILIES, GOING ABOVE AND BEYOND FOR THEM. KEEP UP THE STRONG WORK!" - JASMINE SUN (PGY3)



"KUDOS TO EMMANUEL (PGY3) FOR BEING RECOGNIZED BY OUR INTERDISCIPLINARY HEALTHCARE TEAMMATES ON DOCTOR'S DAY: DR. OKEMATTI IS THE BEST! HE IS VERY APPROACHABLE, A CLEAR COMMUNICATOR AND VERY SUPPORTIVE! THANKS FOR ALL YOU DO FOR YOUR PATIENTS AND NURSES. WE APPRECIATE YOU!" - NM



"KUDOS TO NYDIA (PGY2) FOR CRUSHING HER WEEK OF NIGHTS! SHE DIDN'T EVEN NEED ME THERE!" - ALLISON SPIHLMAN (PGY3)



"KUDOS TO DERRICK (PGY2) FOR CALLING AND UPDATING THE FAMILY MEMBER OF A PATIENT WHO TRANSFERRED TO NMH IN A TIMELY MANNER. THINGS LIKE THIS CAN BE EASILY FORGOTTEN IN THE MIDST OF A BUSY NIGHT/STROKE EVALUATION - BUT ARE SO APPRECIATED AND IMPORTANT FOR FAMILY MEMBERS." - JYOTI GREWAL (STROKE FELLOW)



"KUDOS TO EMILY (PGY3) ON HER PUBLICATION "UPDATE ON THE PATHOPHYSIOLOGY AND MANAGEMENT OF TICS" IN CURRENT NEUROLOGY AND NEUROSCIENCE REPORTS!" - DR. LARSON (MOVEMENT DISORDERS ATTENDING)



"KUDOS TO TARINI (PGY2) FOR ACCURATE DOCUMENTATION OF NEURO EXAMS. SHE SAVED AN OLSON STROKE CODE FOR CHRONIC FINDINGS!" - SARAH WYCKOFF (PGY3)



"KUDOS TO OUR NEW CHIEFS! YOU 3 ARE GONNA CRUSH IT!"

SOME HIGHLIGHTS FROM OUR TEAMS



WELLNESS ALL AROUND

SAY HELLO TO OUR NEW CHIEFS!



ANNUAL WELLNESS RETREAT WAS A BLAST



NEURO KNOWS BALL. CATCH US *ALMOST* COURTSIDE AT THE BULL'S GAME

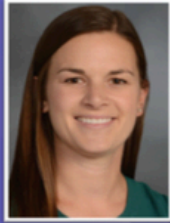


AND OTHER MOMENTS OF JOY

Northwestern Neurology – Class of 2030



Lucie Ahn, MD, PhD
Case Western University



Shannon Arnold, MD
Cornell University



Mary Cormier, MD
University of Michigan



Lilly He, MD
Vanderbilt University



Spencer Maranto, MD
University of Buffalo



Quinn McBride, MD
Indiana University



Emma Osterhaus, MD
University of Pittsburgh



Nicolas Vallenias
New York University



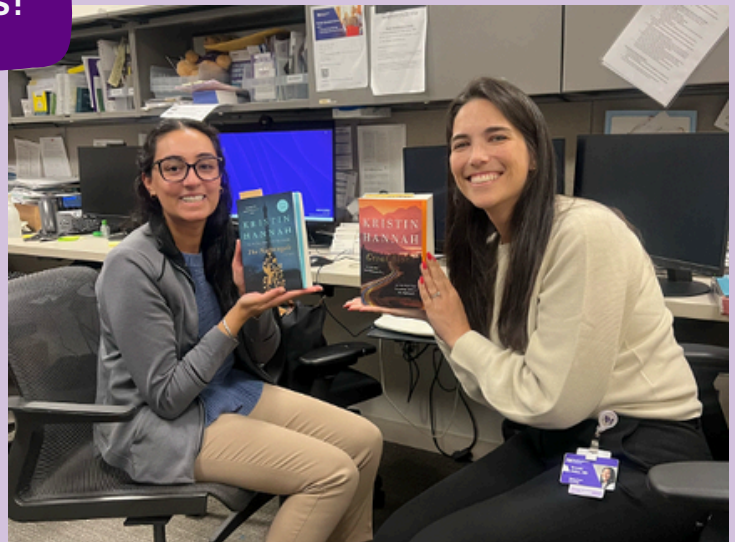
Jennifer Wang, MD
University of Illinois



Miranda Yu, MD
Northwestern University



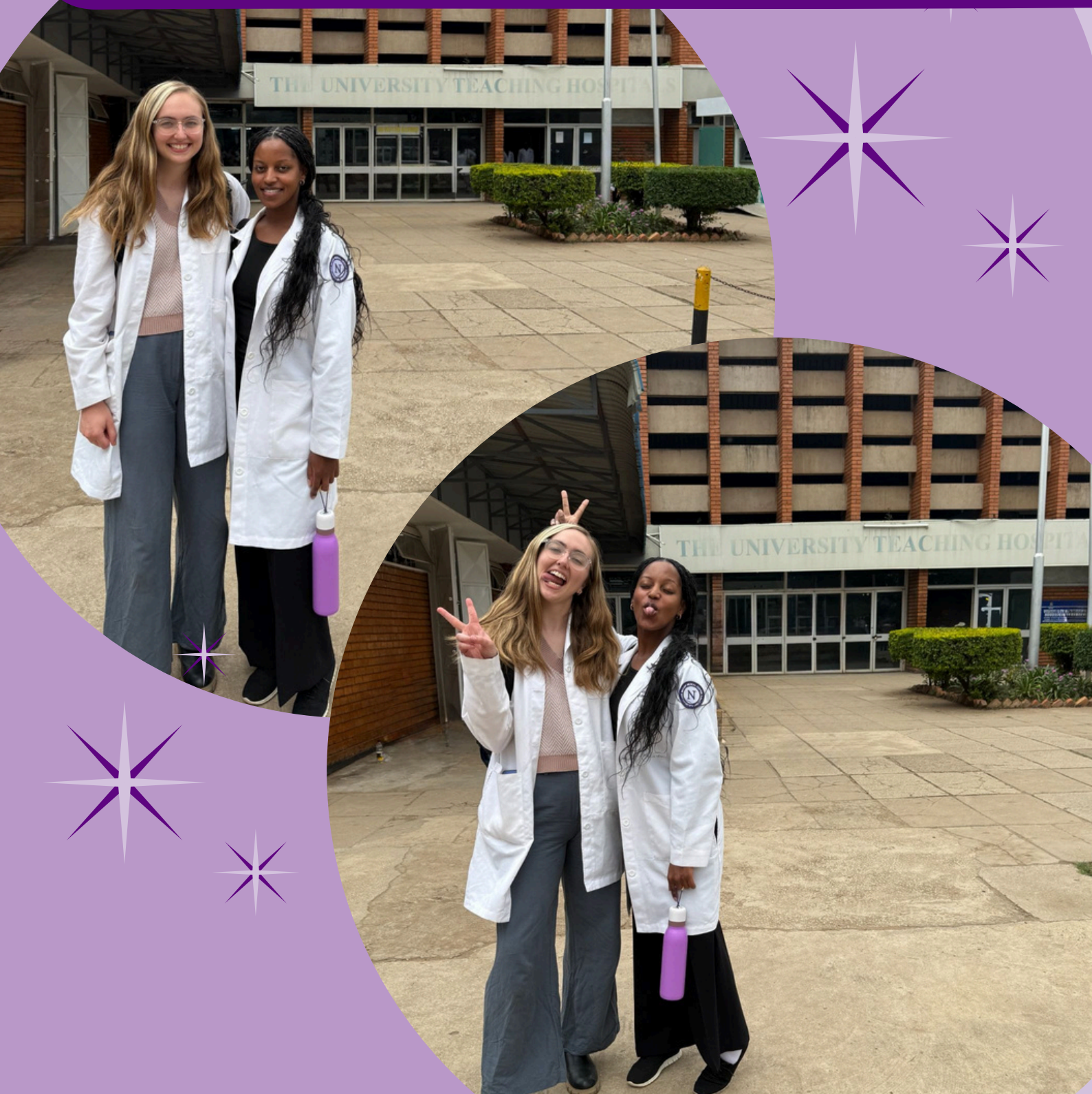
WELCOME TO OUR INCOMING PGY1S!



OUR NEURONS TRAVELED TO ZAMBIA

EACH YEAR, UP TO TWO NEUROLOGY RESIDENTS RECEIVE A STIPEND TO TRAVEL TO LUSAKA, ZAMBIA, FOR A ONE-MONTH ELECTIVE

DURING THIS ELECTIVE, THEY ARE FULLY INTEGRATED INTO THE ZAMBIAN HEALTH SYSTEM, SEE INPATIENT NEUROLOGY CONSULTS, WORK IN OUTPATIENT CLINICS, HELP IN TEACHING ZAMBIAN NEUROLOGY RESIDENTS AND MEDICAL STUDENTS, AND PARTICIPATE IN RESEARCH



SOME MORE ZAMBIA HIGHLIGHTS



CHECK OUT LAUREL (PGY₃) AND NAOMI'S (PGY₄) ADVENTURES!



PETS OF THE MONTH: MEET TAPIOCA AND POMELO

THESE TWO LIVE WITH JASMINE
(PGY3)!



DONATIONS AND SUPPORT

LOVE FOLLOWING ALONG OUR WELLNESS ADVENTURES?

CONSIDER MAKING A TAX-DEDUCTIBLE GIFT TO SUPPORT ADDITIONAL EVENTS LIKE THE ONES HIGHLIGHTED HERE!

GO TO [HTTPS://GIVE.NORTHWESTERN.EDU](https://give.northwestern.edu) AND SELECT "MAKE A GIFT." ENTER "NEUROLOGY RESIDENT WELLNESS FUND" IN THE DESIGNATION BAR

